

## 740 44 INDOOR FITNESS FACILITY (sq.m./SF)

Project Review: EFD, NAVFAC HQ, BUPERS (Pers-656D)

Commandant of the Marine Corps (CMC) MWR HQ (LFL)

Design Criteria: MIL-HDBK 1037/8, Indoor Fitness/Recreational Facilities of 15 Aug 96

1. **GENERAL.** See introduction to 740 series category codes for General Instructions regarding facility allowance planning procedures.
2. **DEFINITION.** Physical fitness facilities provide facilities and support services to meet the individual physical fitness, coordination, skills development, recreation and training needs of military personnel. The facilities may also serve family members, retirees and authorized civilians. Activities which may be accommodated in a Facility include: aerobics, athletic gear issue, badminton, basketball, boxing, calisthenics, cardiovascular training, gymnastics, handball, jogging, martial arts, physical fitness training, racquetball, volleyball, wallyball, weight-training, wrestling, group meetings, etc.
3. **RELATED FACILITIES.** This new category code replaces old CCN's 740-43 Gymnasium, 740-45 Fitness Center, 740-50 Fieldhouse, and 740-84 Indoor Courts (facilities with these CCN's must be converted to 740-44). Consideration should be given to collocating the facility with the following recreational facilities in order to (i) take advantage of potential savings in space requirements and operating costs, and (ii) provide users with the increased convenience of clustered facilities:

- 740 53 Indoor Swimming Pool
- 750 10 Outdoor Playing Courts
- 750 20 Playing Fields
- 750 30 Outdoor Swimming Pool.

4. **SPACE ALLOWANCE.** The primary functional components of an Indoor Fitness Facility -- Basketball Court, Aerobics/Exercise Area, Cardiovascular Training Area, Weight Training Area, and Indoor Playing Court -- are sized based on installation population. Installation population ranges are as follows:

XSMALL	=	Population under 250
SMALL	=	Population 251 - 999
MEDIUM	=	Population 1000 - 4999
LARGE	=	Population 5000 - 9999
XLARGE	=	Population over 10000

- a) Installation population is defined as Active Duty enlisted and officers, average on board students, transients, and reservists (see page 740-4). Include authorized civilians and family members overseas. Population numbers should be consistent with projected base loading data.

For facility planning purposes at installations with deployable forces, the active duty demand population is comprised of all the non-deployable population, plus two-thirds of the deployable population, to reflect time away on deployment. However, calculation of the deployable population may be adjusted based on the actual deployment experience at individual installations.

- b) Based on above population, determine the overall base population for each significant functional component, as listed in Tables 740-44A through 740-44H.

- c) Usage of facilities by family members and retirees has been statistically incorporated in the space allowances used in the tables. These allowances may be revised periodically by NAVFAC HQ, BUPERS, and CMC.
- d) Space allowances in the following tables are minimum allowances. For areas with large concentrations of military population, actual facility usage data may be used to justify additional space.

**TABLE 740-44A**  
**SPACE ALLOWANCE FOR INDOOR**  
**BASKETBALL/VOLLEYBALL COURTS (1)**

<u>Installation Population</u>	<u># Courts</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 100	0	0	0
101 - 999	1	743	8,000
1,000 - 4,999	2	1,486	16,000
5,000 - 9,999	2	1,486	16,000
> 10,000	3	2,229	24,000

**TABLE 740-44B**  
**SPACE ALLOWANCE FOR FITNESS AREA (2)**

<u>Installation Population *</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	93	1,000
251 - 999	148	1,600
1,000 - 4,999	325	3,500
5,000 - 9,999	372	4,000
> 10,000**	650	7,000

\* FOR MARINE CORPS INSTALLATIONS ONLY: If installation population exceeds 3,000, use fitness area space requirements shown as follows:

- a. 3.5% of installation population determines peak load.
- b. 3.58 sq.m. (38.5 SF) per patron at peak load determines size of fitness area.

Ex: 6,000 population x .035 = 210 patrons at peak load.  
 210 patrons x 3.58 sq.m. (38.5 SF) = 752 sq.m. (8,085 SF)

\*\* FOR NAVAL INSTALLATIONS: For populations above 10,000 PN, add 372 sq.m. (4,000 SF) per 5,000 PN increment.

**TABLE 740-44C**  
**SPACE ALLOWANCE FOR AEROBIC ROOM**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	74	800
251 - 999	112	1,200
1,000 - 4,999	140	1,500
5,000 - 9,999	307	3,300
> 10,000	418	4,500

**TABLE 740-44D**  
**SPACE ALLOWANCE FOR**  
**RACQUETBALL/HANDBALL COURTS**

<u>Installation Population</u>	<u># Courts</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	1	74	800
251 - 999	2	148	1,600
1,000 - 4,999	4	296	3,200
5,000 - 9,999	4	296	3,200
> 10,000	6	444	4,800

**TABLE 740-44E**  
**SPACE ALLOWANCE FOR MEN'S**  
**AND WOMEN'S LOCKER AREA**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	93	1,000
251 - 999	186	2,000
1,000 - 4,999	232	2,500
5,000 - 9,999	465	5,000
> 10,000	650	7,000

**TABLE 740-44F**  
**SPACE ALLOWANCE FOR MULTIPURPOSE ACTIVITY ROOM**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	46	500
251 - 999	139	1,500
1,000 - 4,999	139	1,500
5,000 - 9,999	139	1,500
> 10,000	139	1,500

**TABLE 740-44G**  
**SPACE ALLOWANCE FOR**  
**COMBATIVE/MARTIAL ARTS ROOM**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	74	800
251 - 999	74	800
1,000 - 4,999	149	1,600
5,000 - 9,999	223	2,400
> 10,000	297	3,200

**TABLE 740-44H**  
**SPACE ALLOWANCE FOR**  
**FAMILY LOCKER ROOM**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	19	200
251 - 999	28	300
1,000 - 4,999	37	400
5,000 - 9,999	47	500
> 10,000	56	600

**TABLE 740-44I**  
**SPACE ALLOWANCE FOR STAFF SUPPORT SPACES (3)**

<u>Installation Population</u>	<u>sq.m.</u>	<u>(NSF)</u>
< 250	129	1,400
251 - 999	166	1,800
1,000 - 4,999	222	2,400
5,000 - 9,999	270	2,900
> 10,000	320	3,450

**Notes for Space Allowance Table:**

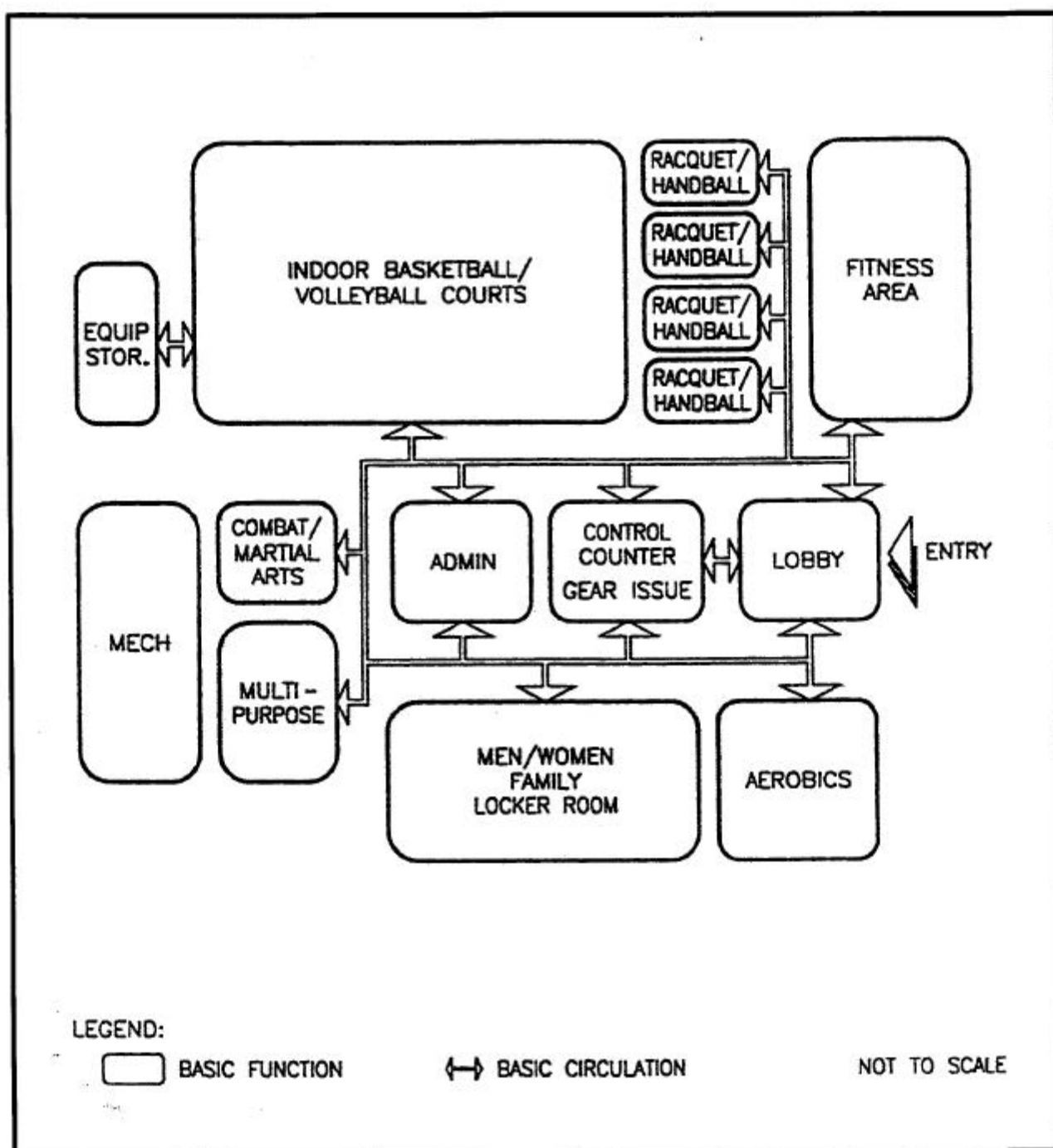
- (1) Spectator seating (minimum capacity 200 for a small facility, maximum capacity 600 for a large facility) should be provided in the basketball court at .4 sq.m. (4 NSF/PN). The seating capacity should be justified by the use of the court for activities drawing significant numbers of spectators. Portable or telescopic bleachers may be used.
- (2) Fitness area includes warm up/cool down area, free weights, circuit/weight training machines, and cardiovascular equipment (bicycle, stepper, rower). Space for one Instructor Station should be included in each separate Weight Training Area.
- (3) Staff support spaces consist of :
  - a. Control Counter and Administrative Area.
  - b. Gear Issue and Laundry Room: Check out of athletic gear and recreation equipment for leisure use (different from CCN 740-37).
  - c. Gym Equipment Storage Room: Equipment and supplies, such as roll-away baskets goals, volleyball standards, gym floor coverings, roll-away bleachers, etc.

5. **SPACE ALLOWANCES.** Minimum space allowances for Gymnasium facilities are determined according to the planning criteria presented in Table 740-44 below. The total allowance for a facility is the sum total of the space allowances for each functional component. The number of units of each component required to meet the demand is obtained from the calculations in Tables 740-44A through 740-44I.

**TABLE 740-44  
SPACE ALLOWANCE FOR PHYSICAL FITNESS FACILITY**

<b><u>Functional Component</u></b>	<b><u>sq.m.</u></b>	<b><u>(NSF)</u></b>
Indoor Basketball/Volleyball Courts	_____	_____
Fitness Area	_____	_____
Aerobic Room	_____	_____
Racquetball/Handball Courts	_____	_____
Men's and Women's Locker Area	_____	_____
Multipurpose Activity Room	_____	_____
Combative/Martial Arts Room	_____	_____
Family Locker Room	_____	_____
Staff Support Spaces	_____	_____
Spectator Seating	_____	_____
<b><u>Subtotal Functional Component</u></b>	_____	_____
<b><u>Building Support Component</u> (net to gross conversion)</b>		
Lobby/Circulation/Structure/ (15% Functional Sub)	_____	_____
Partitions		
Mechanical/Electrical/ (10% Functional Sub)	_____	_____
Communication Equip. Space		
<b><u>Subtotal Building Support Component</u></b>	_____	_____
<b>TOTAL FUNCTIONAL AND BUILDING SUPPORT (GSF)</b>	_____	_____

6. **SAMPLE LAYOUT DIAGRAM.** A layout diagram is presented for a Physical Fitness Facility. This diagram is an example of the composition of such a facility in terms of its functional components, their respective sizes and adjacencies. The layout diagram is for illustrative purposes only.



**FUNCTIONAL RELATIONSHIP DIAGRAM FOR A  
PHYSICAL FITNESS FACILITY**